

CRISIS SERVICES

Distress Centre Calgary (403) 266-HELP (4357)

OR 1-800-SUICIDE (784-2433)

All ages, 24-hr. Phone and text support.

Mental Health Help Line 1-877-303-2642

All ages, 24-hr

Eastside Community Mental Health Services

Mobile Family Crisis Support

(403) 299-9699 or 1-800-563-6106

Families, 24-hr

Hope for Wellness Helpline

1-855-242-3310 / hopeforwellness.ca

All ages, 24-hr. Chat available via website

Crisis counselling and intervention for Indigenous peoples.

Family Violence 24hr Information Line

310-1818 Available in +170 languages

SINGLE-SESSION COUNSELLING:

Call to arrange appointments. Adolescents require parental consent. Available In-person or Virtual.

Single Session Therapy-South Calgary Health Centre

(403) 943-9374 - All ages

7 days/week; counsellors available 12:00pm- 8:15pm

Eastside Community Mental Health Services

(403) 299-9699 - All ages

7 days / week; counsellors available 8:00am - 4:30pm

Kindred - Rapid Access Counselling

All ages, online counselling available

(403) 233-2360 or 1-877-244-2360

CommunityconnectYYC.ca

Monday - Friday; day and evenings available

The Summit - Owerko Family Walk-in Services

(587) 534-7200 - Ages 0-18 (and families)

1015 17 Street NW, Calgary - WALK-IN ONLY

7days/week; 10:00am - 10:00pm, last appointment 8:15pm

URGENT MENTAL HEALTH SERVICES

Airdrie Mental Health Urgent Care

604 Main St. South, Airdrie

All ages - Mon-Fri (incl. stats) 2:30pm - 9:00pm; Weekends

10:00am - 5:00pm

Banff Mental Health Urgent Care

305 Lynx St, Banff

All ages - Daily: 2:00pm - 9:00pm

Calgary - Sheldon M. Chumir Health Centre

Mental Health Urgent Care

1213 4 st. SW, Calgary

Adults - Daily: 8:00am - 10:00pm

Calgary - South Calgary Health Centre

Urgent Mental Health

Assessments and single-session therapy

31 Sunpark Plaza SE, Calgary

All ages - Daily: 12:00pm - 8:15pm

Cochrane Mental Health Urgent Care

First Floor - 60 Grand Blvd, Cochrane

All ages - Mon-Fri (Incl. Stats) 12:00pm - 7:00pm;

Weekends 10:00am - 5:00pm

Okotoks Mental Health Urgent Care

11 Cimarron Common, Okotoks

All Ages - Daily: 10:00am - 6:00pm

ADDICTIONS SERVICES:

Addiction Helpline- 1-866-332-2322

All ages, 24hr

Adult Addiction Services - (403) 367-5000

3 Floor 707 10 Ave Sw, Calgary

Individuals 18+

Phone intake: call Mon-Thurs 8:00am - 8:00pm; Fri 8:00am - 4:00pm

OR

Walk-in intake 8:00am - 4:00pm

Youth Substance Use & Mental Health Services

(403) 297-4664 / 1005 17 St. NW, Calgary

Youth 12-19